

# Implementing Self-Management Education: Successes & Challenges In Arthritis

## Satellite Conference

Tuesday, April 20, 2004

12:00-3:00 p.m. (Central Time)

1:00-4:00 p.m. (Eastern Time)

11:00 a.m.-2:00 p.m. (Mountain Time)

10:00 a.m.-1:00 p.m. (Pacific Time)

Self-management education is an effective public health strategy, but sustaining programs is challenging. This satellite conference will provide information regarding the successful implementation of the Arthritis Self-Help Course, including a discussion of the scientific basis, marketing strategies and recruiting local leaders. In many states, group viewing and discussion sites will continue for half an hour after the broadcast, with facilitated discussion. For more information, please contact your state health department's arthritis program coordinator.

### Faculty:

**Kate Lorig, RN, DrPH**

Professor, Stanford University School of Medicine

Director, Stanford Patient Education Research Center

### Panel Discussion:

Panelists from states who have had success implementing the Arthritis Self-Help Course will discuss their experiences. Featured representatives:

Mari Brick, Arthritis Program Manager, New York State Department of Health

Margaret Duffy, Vice President for Health Promotion, Arthritis Foundation, New England Chapter

Stephanie Fisher, Nurse, Craven County Health Department, North Carolina

Leslie Lowe, Nurse, Public Health Multi-County Arthritis Coordinator, Alabama

### Objectives:

1. Discuss strategies for implementing an evidence-based chronic disease self-management program in community settings.
2. Articulate scientific rationale behind requirements and design of the Arthritis Self-Help Course (ASHC).
3. Apply lessons learned from other states in areas such as defining roles, marketing to participants, and recruiting and motivating leaders.

### Conference Details:

**Target Audience:** State public health arthritis program coordinators, Arthritis Foundation staff, community partners, and professionals with an interest in community-based chronic disease programs.

**Registration:** [www.adph.org/alphn](http://www.adph.org/alphn) **Cost:** No cost to view.

**Continuing Education:** CHES and Nurses (pending). Cost for credits will be \$20.

**Satellite Coordinates:** C & Ku Band.

**Conference Materials:** Posted on our website approximately one week before the program.

**Questions:** [alphn@adph.state.al.us](mailto:alphn@adph.state.al.us) or 334-206-5618.

**On-demand webcast** will be available beginning Thursday, April 22, 2004